

ALLOWABLE MILK SUBSTITUTIONS FOR CHILDREN WITHOUT DISABILITIES

in the Child and Adult Care Food Program

Child care centers, family day care homes, emergency shelters and at-risk afterschool care centers participating in the U.S. Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP) must follow the federal requirements for milk substitutions for children without disabilities. These requirements apply only to meal accommodations for children without disabilities who cannot drink milk.

CACFP facilities have the **option** to make this accommodation by offering one or more allowable fluid milk substitutes for children without disabilities. These substitutions are at the expense of the CACFP facility. If the program chooses to make allowable milk substitutions available, they must be available for all children when requested by their parent or guardian.

The following criteria apply only to milk substitutes for children **without** disabilities. Dietary accommodations for children with disabilities must follow the USDA requirements specified in the Connecticut State Department of Education's (CSDE), [Accommodating Special Diets in CACFP Child Care Programs](#).

ALLOWABLE FLUID MILK SUBSTITUTES

CACFP facilities can choose to offer **one or more** allowable fluid milk substitutions, including:

- **lactose-free or lactose-reduced milk** that is low-fat (1%) or fat-free; and
- **allowable nondairy beverages** such as soy milk that meet the USDA nutrition standards for milk substitutes. For more information, see "USDA Nutrition Standards for Milk Substitutes" on page 2.

The USDA recommends that lactose-free or lactose-reduced milk is the first choice for children with lactose intolerance. Lactose-reduced and lactose-free milk must be low-fat or fat-free for children ages 2 and older, and must be whole milk for ages 12 through 23 months.

CACFP facilities can choose to offer only one milk substitution such as lactose-free low-fat unflavored milk. If a child or family decides not to take this option, the CACFP facility is not obligated to offer any other milk substitutions.

CACFP facilities can also choose (but are not required) to offer a second option of a nondairy beverage that meets the USDA nutrition standards for milk substitutes

Effective October 1, 2017, the USDA final rule, [Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010](#), requires unflavored whole milk for ages 12 through 23 months, and unflavored low-fat milk or fat-free milk for ages 2 through 5. For ages 6 and older, flavored milk must be fat-free. The CSDE encourages CAFCP facilities to serve only unflavored milk.



ALLOWABLE MILK SUBSTITUTIONS IN THE CACFP, continued

JUICE AND WATER SUBSTITUTES

CACFP facilities cannot serve juice or water as fluid milk substitutes for children without disabilities, even if the child's family provides a medical statement signed by a recognized medical authority. If a CACFP facility chooses to make milk substitutions available, they can only include either lactose-free or lactose-reduced milk, or a nondairy beverage that meets the USDA nutrition standards for milk substitutes. These are the **only** options allowed for milk substitutions.



REQUIRED DOCUMENTATION

Milk substitutions for children without disabilities do not require a medical statement from a recognized medical authority. Parents or guardians may request a nondairy milk substitute in writing. The written request from the parent or guardian must identify the medical or other special dietary need that restricts the child's diet and requires the substitution.

The provision allowing a statement from a parent or guardian applies only to milk substitutions for children **without** disabilities. Any other meal variations for children without disabilities require written documentation on a medical statement from a recognized medical authority. For more information, see the CSDE's [*Accommodating Special Diets in CACFP Child Care Programs*](#).

USDA NUTRITION STANDARDS FOR MILK SUBSTITUTES

CACFP facilities that choose to offer a nondairy milk substitute as part of reimbursable meals for children without disabilities can only use products that meet the USDA nutrition standards for fluid milk substitutes (see table 1). Nondairy milk substitutes that do not meet these nutrition standards cannot be served in the CACFP, even if the child's family provides a medical statement signed by a recognized medical authority.



Table 1 – Minimum Nutrients per Cup (8 fluid ounces)

Calcium	276 milligrams (mg) or 30% Daily Value (DV) *
Protein	8 grams (g)
Vitamin A	500 international units (IU) or 10% DV
Vitamin D	100 IU or 25% DV
Magnesium	24 mg or 6% DV
Phosphorus	222 mg or 20% DV *
Potassium	349 mg or 10% DV *
Riboflavin	0.44 mg or 25% DV *
Vitamin B-12	1.1 micrograms (mcg) or 20% DV *
* The FDA labeling laws require manufacturers to round nutrition values to the nearest five percent. The actual minimum DV is 27.6% for calcium, 22.2% for phosphorus, 9.97% for potassium, 25.88% for riboflavin and 18.33% for vitamin B12.	

ALLOWABLE MILK SUBSTITUTIONS IN THE CACFP, continued

ACCEPTABLE MILK SUBSTITUTE PRODUCTS

Certain brands of soy milk are the only currently available nondairy milk products that meet the USDA nutrition standards for fluid milk substitutes. Table 2 provides a list of allowable milk substitute products. The CSDE encourages CACFP facilities to use only unflavored products. This is consistent with the USDA final rule's recommendation to serve only plain milk in the CACFP.

Table 2 – Milk Substitutes Meeting USDA Nutrition Standards			
<i>This list is for informational purposes and does not imply endorsement by CSDE or the USDA.</i>			
Manufacturer	Product	Container Size (Fluid Ounces)	Container UPC Code
Kikkoman	Pearl Organic Soymilk, Smart Chocolate, aseptic package	8.25	0-41390-06151-6
Kikkoman	Pearl Organic Soymilk, Smart Creamy Vanilla, aseptic package	8.25	0-41390-06141-7
Kikkoman	Pearl Organic Soymilk, Smart Original, aseptic package	8.25	0-41390-06137-0
Kirkland Signature	Organic Soymilk, Plain	64	0-96619-49000-4
Pacific Natural Foods	Ultra Soy All Natural Nondairy Beverage, Plain, aseptic package	8	0-52603-08311-9
Pacific Natural Foods	Ultra Soy All Natural Nondairy Beverage, Plain, aseptic package	32	0-52603-08200-6
Pacific Natural Foods	Ultra Soy All Natural Nondairy Beverage, Vanilla, aseptic package	32	0-52603-08225-9
Stremick's Heritage Foods	8th Continent Soymilk, Original, refrigerated	64	0-53859-07066-3
Stremick's Heritage Foods	8th Continent Soymilk, Vanilla, refrigerated	64	0-53859-07067-0
Sunrich Naturals	Soymilk, Original, aseptic package *	8	7-82758-33108-6
Sunrich Naturals	Soymilk, Original, aseptic package *	32	7-82758-33232-8
Sunrich Naturals	Soymilk, Unsweetened Vanilla, aseptic package *	32	7-82758-33932-7
Sunrich Naturals	Soymilk, Vanilla, aseptic package	32	7-82758-33132-1
Sunrich Naturals	Soymilk, Vanilla, aseptic package	8	7-82758-33208-3
* These beverages cannot be served in child care programs in public schools because they exceed the fat limit for nondairy beverages specified by Section 10-221q of the Connecticut General Statutes.			

For milk substitutes not listed, CACFP facilities must obtain nutrition information from the manufacturer to document that a product contains the required amount of each nutrient in the USDA nutrition standards for milk substitutes (see table 1). The Nutrition Facts label might not include all of the nutrients required to identify a product's compliance with the USDA nutrition standards. For assistance with evaluating products for compliance, please contact the CSDE.

ALLOWABLE MILK SUBSTITUTIONS IN THE CACFP, continued

RESOURCES

CACFP 21-2011, Revised: *Child Nutrition Reauthorization 2010: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, Questions and Answers*. U.S. Department of Agriculture, September 5, 2011. www.fns.usda.gov/cacfp-21-2011-revised-child-nutrition-reauthorization-2010-nutrition-requirements-fluid-milk-and

Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (81 FR 24348), April 25, 2016. www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf



For more information, visit the CSDE's [Nutrition Policies and Guidance for the CACFP](#) Web page or contact the CACFP staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/sdn/cacfpmilksub.pdf.

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1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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